



The Best Red Enchilada Sauce



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



3

CALORIES



432 kcal

SAUCE

Ingredients

- ☐ 6 ancho chiles dried
- ☐ 3 cups beef broth
- ☐ 0.3 cup corn oil
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 teaspoons salt
- ☐ 6 ounce tomato paste canned

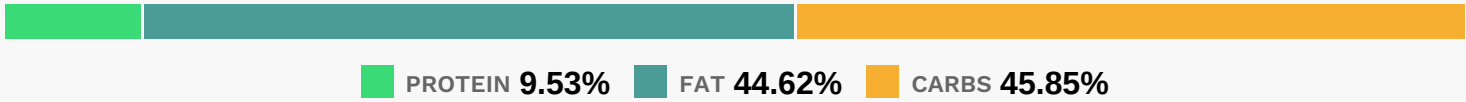
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Arrange the ancho chiles on a baking sheet and toast in the preheated oven 3 to 4 minutes; remove the stems, pulp, and seeds from the toasted peppers.
- ☐ Place peppers in a bowl and pour enough hot water into bowl to cover completely; allow to soak for 1 hour.
- ☐ Combine the ancho chiles, tomato paste, corn oil, garlic, salt, oregano, cumin, and about 1 cup of the beef broth in a blender; blend until smooth.
- ☐ Pour the mixture into a saucepan with the remaining beef broth and place over medium heat; simmer until heated through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:30.393478010012%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 432.13kcal (21.61%), Fat: 23.5g (36.15%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 32.82g (11.93%), Sugar: 31.29g (34.76%), Cholesterol: 0mg (0%), Sodium: 2194.87mg (95.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Vitamin A: 18677.14IU (373.54%), Vitamin K: 90.81µg (86.49%), Fiber: 21.51g (86.04%), Vitamin B2: 0.93mg (54.69%), Potassium: 1624.37mg (46.41%), Vitamin B3: 8.69mg (43.43%), Manganese: 0.78mg (38.89%), Vitamin E: 5.81mg (38.71%), Vitamin B6: 0.71mg (35.43%), Vitamin C: 27.85mg (33.76%), Iron: 5.77mg (32.07%), Magnesium: 80.68mg (20.17%), Phosphorus: 165.52mg (16.55%), Copper: 0.28mg (13.8%), Folate: 49.53µg (12.38%), Vitamin B5: 0.89mg (8.93%), Calcium: 81.72mg (8.17%), Vitamin B1: 0.11mg (7.35%), Selenium: 4.8µg (6.85%), Zinc: 0.92mg (6.13%), Vitamin B12: 0.17µg (2.8%)